



## What is food insecurity or food poverty?

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# What is Food Insecurity or Food Poverty?



The inability to access affordable food, or the worry that you may be unable to do so.

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## MILD FOOD INSECURITY

Worrying about the ability to obtain food

## MODERATE FOOD INSECURITY

Compromising quality and variety of food

## SEVERE FOOD INSECURITY

Reducing quantities, skipping meals

Experiencing hunger

## The focus of my work:

Over 20 years' experience of working closely with a wide range of sectors / organisations to understand food poverty.



## Measuring food poverty:

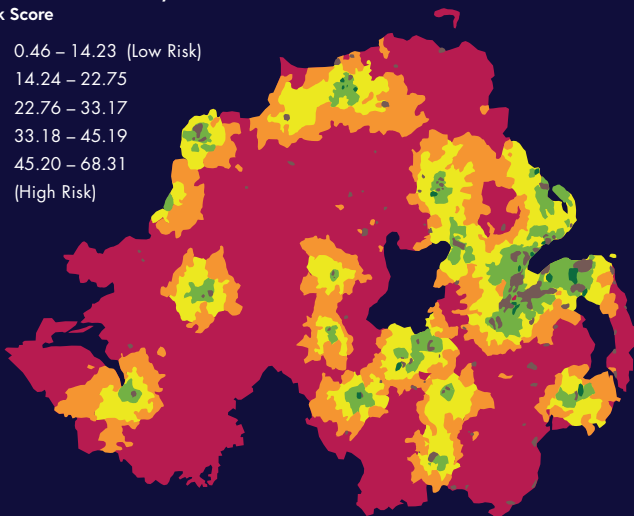
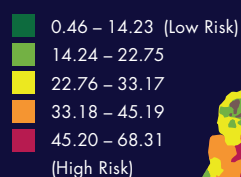
UUBS research (2018) reported 35% of respondents experienced at least one symptom of food poverty concerned with worry about running out of food or not eating enough.



## Mapping:

Ulster University research\* has mapped householders' access to food to understand the availability and affordability of food across Northern Ireland. \* PhD research, McClelland et al 2021

### At Risk of Food Poverty Index Risk Score



## Heat or eat?

UUBS research with people at risk of fuel poverty (2015) found:

41% unable to comfortably feed themselves and their families three meals per day all of the time.

31% forced to make a choice between food and other essentials



## Other areas of work:



Food poverty research to inform consultations and evidence submissions



Food poverty during Covid-19



Food affordability post-EU Exit



Food insecurity among university students



Food poverty and health inequalities

## Listen to my podcast on food poverty

#WeAreUU Expert Podcast:

Food Poverty with Ulster's Dr Sinéad Furey



## Read my research

Dr Sinéad Furey's publications



Email / Tweet me if I can support your food insecurity work:



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@DrSineadFurey #FoodPovertyUUBS